

INDOOR WORKOUTS



*From the first time I skated when I was 6 years old,
I visualized winning this gold medal.*
Kristi Yamaguchi, Figure Skater

Pound for Pound

*A pound of muscle takes up less space
than fat and burns 4 times as much
energy — an extra 35-40 calories a day.
If you want to boost your body's 24-
hour calorie burn, add weightlifting to
your fitness program and build muscle.*

If the cold weather dampens your desire to head for the hills, bring your workout indoors. That way, no matter what the weather brings, you can cozy up to a warm workout. At some gyms you can join for a few months at a time without an enrollment fee.

Or if a gym isn't an option for you, create your own home gym. Either way, these tips will help make your exercise session gratifying.

Winning With Weights

Strength training is an essential component of any fitness program. Once you start, the results come quickly. It may take a couple months before your aerobic workouts become noticeably easier, but with weights there's instant gratification. Here's some coaching for safety and effectiveness:

• Warm up

Lifting with "cold" muscles can cause strains or tiny tears in the muscle tissue. Get your blood moving before you start lifting — jump on a stationary bike or run in place. If you're doing aerobic and weight training on the same day, schedule the weights last since it temporarily tightens muscles.

• Use the buddy system

For extra motivation and coaching, lift weights with a buddy and "work in" to each other's sets. If you're doing strenuous lifts with free weights always have a "spotter" work with you to avoid injuries.

• Lift the appropriate weight

Start out with light weights and slowly progress to heavier weights as you get stronger. You should be able to comfortably lift 10 – 12 repetitions — less may mean the weights are too heavy and more may mean the weights are too light.

• Adjust the equipment

Be sure to adjust the seat of weight machines to fit your height.

• Concentrate on your form

Don't lock your joints, and lift slowly and smoothly...isolating the muscle you're working on. Keep your neck and shoulders relaxed and move only those parts of your body that are being exercised. If necessary, work with a personal trainer or find a book that demonstrates proper form.

• Remember to breathe

Exhale as you lift the weight or do your exertion movements and inhale as you return to the start.

Bring Home the Gold

Have a back-up plan, so if you can't get to the gym you can exercise at home. Try free weights, elastic bands, step aerobics bench, jump rope, punching bag, stability ball, or hula hoop. If you have the space you may want to consider your own piece of fitness equipment. Here are a few pointers:

• Treadmills – Look for a machine that's motor driven with side rails to help you mount and an emergency stopping device. Cost: \$600-\$2000.

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INDOOR **WORKOUTS** CONTINUED



Where Do You Fit In?

Cardiovascular fitness refers to how effectively your heart and lungs supply oxygen to your muscles. One way to test your fitness is to determine how fast you can walk a mile without getting winded. For women in their 30s or 40s that should take about 18 minutes; for men of the same age, it should take about 30 seconds less. If you're over 40 allow an extra 30 seconds for each decade.

• **Ski machines** – If you want a more ski-like feel, choose a machine with independent movement where each ski slides back and forth separately. If you're a beginner, a machine with dependent motion might be best. Either way, look for machines with ropes rather than immovable hand grips, to get a more natural and varied upper body workout. *Cost: \$100-\$700.*

• **Exercise bicycles** – Look for flywheel models that increase resistance without increasing speed. The seat should be comfortable and able to adjust forward or backward, up or down, and into a tilted position to avoid discomfort or injury. The handlebars should also be adjustable. *Cost: \$100-\$600.*

• **Bicycle stand** – You can purchase a stand that supports your bicycle and resists your pedaling. *Cost: around \$200.*

• **Recumbent bicycles** – If you have back, neck, or shoulder problems, look for a bike that allows you to sit back in a chair instead of upright on a seat. *Cost: \$200-600.*

• **Elliptical exercisers** – Look for nonslip pedals with textured surface and high, curved ridges at the front to keep your feet from sliding off. *Cost: up to \$500.*

Be sure to test before you buy. Use equipment for at least 10 minutes at a health club, friend's home, or store.

Whatever machine you choose, it should be sturdy, smooth, reasonably quiet, and easy to mount/dismount. You should also be able to adjust the controls easily — speed, incline, or resistance — without interrupting your workout.

Vary Your Routine

Varying your workouts will help you stay with a fitness program for the long run. For weightlifting, try this change of pace, adjusting the weight as needed:

- On Monday, do 3 or 4 sets of 3-5 repetitions
- On Wednesday, do 1 or 2 sets of 12-15 repetitions
- On Friday, do 2 or 3 sets of 8-10 repetitions.

If you normally use machines, try working the same muscles or doing the same movements using free weights or elastic bands. Or take a day off from the weights and do pilates, which combine yoga and strength moves.

For aerobic workouts, switch off between complementary types:

- Low impact such as swimming, then high impact such as jogging or racquetball
- Continuous such as bicycling or treadmill, then noncontinuous such as basketball or volleyball
- Different muscle groups — calves and lower-front thigh muscles such as walking or jogging, then inner and outer thigh muscles such as skating, then upper-thigh and hip muscles such as cycling.

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